

Vote Tuesday,  
Nov. 2 in the  
midterm election!



Trick or treat:  
Students get involved  
in the community for  
Halloween

GULL LIFE, Page 8

## Index

News.....	1
Editorial .....	3
Gull Life .....	5
Sports.....	8

# THE FLYER

Vol. 38, Issue 9

Salisbury University's Student Voice

November 2, 2010

## Dudley-Eshbach to provide \$10k for scholarships

By Mary Capper  
Staff Writer  
Mc33298@gulls.salisbury.edu

\$10,000, 10 years, 10 winners. University President Janet Dudley-Eshbach set up a special scholarship in honor of her 10-year run at Salisbury University, also known as the "Decade of Distinction."

"I learned so much from my own experience studying abroad," Dudley-Eshbach said. "Learning from other countries, you grow as a person, so it's important to make study abroad more affordable for Salisbury students."

The scholarship, which will award \$1,000 each to 10 students over 10 years, comes from Dudley-Eshbach's family fund and will apply to study abroad programs in Latin America for reasons beyond her study abroad experience.

Dudley-Eshbach, after bringing out a seemingly "upside down" map of North and South America, explained that people in the United States need to change their way of thinking and know that they are not really at the top of the globe.

"There's a lot of focus on Western Europe, and more recently China," Dudley-Eshbach said. "I don't think we pay enough attention to our neighbors."

Dr. Brian Stiegler, director for the SU Center of International Education, has been handed some responsibility for the scholarship since he is in charge of many international affairs at SU. He will talk to students about it and hand out applications.

"I am thrilled about the scholarship," Stiegler said. "It is very meaningful to have the support of the President in the internationalization of this community."

Stiegler said he hopes Dudley-Eshbach's scholarship will be an example for other potential donors to follow.

As for the distinct location of where a student would need to go in order to be eligible for the scholarship, Stiegler said, "It is significant that the President would support

See SCHOLARSHIP Pg. 2



Adrienne Price photo

SU students Josh Dawson, Samantha Neumann and Sarah Edlands participate in the Rally to Restore Sanity and/or Fear in Washington, D.C. During Jon Stewart and Stephen Colbert's rally, Americans could make statements in an attempt to bring sanity back to the U.S.

## SU students, nation rally to restore sanity

By Diana Dwyer  
News Editor  
Dd15629@gulls.salisbury.edu

From children holding signs sitting atop their parents' shoulders to seniors wearing shirts with slogans such as "Voting Grandma," the Rally to Restore Sanity and/or Fear attracted all ages promoting civility in the newsroom and beyond.

The non-partisan rally was co-hosted by Comedy Central's Jon Stewart and Stephen Colbert on Oct. 30 on the National Mall in Washington, D.C.

"Everyone has a right to be patriotic! Everyone!" Stewart said.

The crowd's size could not be contained within the venue and

rally-goers spilled into nearby streets. According to CBS News, an estimated 215,000 participants attended the rally, more than double the amount predicted in the 100,000-person permit filed by Comedy Central, as reported by the Wall Street Journal. Director of Student Activities Jennifer Blackwell said SGA and student activities sent 42 students to D.C. in two buses, although other SU students made their own travel arrangements.

"This was not a rally to ridicule people of faith, or people of activism, or look down our noses at the heartland, or passionate argument, or to suggest that times are not difficult and that we have nothing to fear; they are and we do,"

Stewart said. "But we live now in hard times, not end times."

The rally featured guests such as Mythbusters hosts Adam Savage and Jamie Hyneman, and performances by The Roots, Kid Rock, Sheryl Crow and Ozzy Osbourne. Stewart and Colbert performed a song of their own, echoing "it's the greatest, strongest country in the world" for the chorus.

"(Stewart and Colbert's) song was hilarious because they can't sing and they got (everyone in the crowd) to sing along with them," said sophomore Torey Krugle. "It was a fun way to unite everyone."

Over \$535,000 was raised to benefit Donors Choose, an organization dedicated to stimulating learning by

funding classroom projects, according to the charity's website. The event also sponsored Trust for the National Mall.

Some used the event as a platform to express viewpoints. Planned Parenthood's Birth Control Matters campaign, Media Matters for America and several groups supporting the movement to legalize marijuana had an especially noticeable presence, passing out information and stickers while stopping to speak with passers-by about their causes.

Participants held signs and wore stickers and buttons to silently convey their message. The text ranged from serious messages, such as "Think Outside The FOX" to slo-

See SANITY Pg. 2

## Gubernatorial candidates seek student support in Salisbury

Former Governor Ehrlich rallies in final days before elections

Governor O'Malley shares message in Fireside Lounge



Adrienne Price photo

Former Gov. Bob Ehrlich poses with SU College Republicans Chairman Matt Tefteau, SU President Janet Dudley-Eshbach and club Co-Chair Nikkie Hovencamp.



Matt Goldman photo

Students crowd Fireside Lounge on Oct. 25 to meet with Governor Martin O'Malley, who is running for re-election this year.

By William Merlo  
Staff Writer  
Wm99277@gulls.salisbury.edu

Republican gubernatorial candidate and former Gov. Bob Ehrlich pulled up to the Salisbury Victory Center in the "Need a Job? Fire Pelosi!" tour bus on Oct. 29, with a squadron of supporters.

Greeted by a crowd of over 100 cheering, "Fire Pelosi," the entourage entered for their round of speeches.

Along with the Republican candidate came Chairman of the Republican National Committee Michael Steele, Maryland Republican Party Chairman Aubrey Scott and Republican State Senator and candidate for the Congressional District 1 seat Andy Harris.

Even though polls by the

Washington Post and the Baltimore Sun showed Ehrlich 14 percentage points behind Governor Martin O'Malley, he appeared confident and at ease.

Focusing on promoting the other Republican candidates for Maryland General Assembly, Ehrlich said, "We need to pick up five seats (and)...we're going to have more Republicans in the Maryland General Assembly than we've ever had in the great state of Maryland."

Ehrlich wasn't the only one who showed a lot of confidence. Steele took the floor and rallied the group for the final 72-hour stretch leading up to Election Day.

"We've never had a talented and as deep a team," Steele said. "And (the voters) are the ones who are going to make

the difference this Tuesday."

However, the turnout was not as impressive as the student turnout on SU's campus earlier this year.

"We held a rally on campus with (Former) Governor Ehrlich a few weeks ago with a turnout of about 200," said Matt Tefteau, chairman of SU's College Republicans and Ehrlich's "brother in arms," according to the gubernatorial candidate.

"(The state) needs Ehrlich because Maryland cannot afford O'Malley or the inattention given to the everyday people in Maryland, and you get to shut it down," Steele said. "It has never been more important that you re-elect one of the finest governors we've had in over a genera-

See EHRLICH Pg. 2

By Erin Traylor  
Staff Writer  
Et31140@gulls.salisbury.edu

Fireside Lounge was packed Oct. 25 for Democratic incumbent governor and gubernatorial candidate Martin O'Malley's meet-and-greet. The event was hosted by the SU Dems, but students belonged to other parties attended to, including members of the SU College Republicans.

O'Malley encouraged the attendees to vote in the Tuesday, Nov. 2 midterm election.

"The most powerful people in our system of government are the citizens of this country," O'Malley said. "You are the ones that control what your government does and what your government does not do."

Despite differences of opinion in the crowd, O'Malley said something agreed upon by many.

"Our country is going through a tremendous economic change," he said. "In order for us to move forward into this new, creative economy, we have to protect the talents and skills of the education of our people."

In an effort to accomplish this, O'Malley said Maryland did not increase in-state college tuition for the previous four fiscal years. For this academic year — fiscal year 2011 — the tuition cost rose by 3 percent.

However, Matt Tefteau, chairman of SU's College Republicans, argued that the tuition freeze has caused universities to inflate fees, forcing students to pay a high increase in total costs.

According to O'Malley, the rise in fees didn't occur specifically within his term.

"The fees increased by just as much over our four years as they did under Bob Ehrlich's four years," he said.

Before he became governor, O'Malley said Maryland didn't have a renewable energy policy.

"Now we have one of the highest renewable portfolio standards in the country," O'Malley said.

Maryland is also creating jobs at three times the rate of the rest of the country, experiencing its lowest levels of violent crime since 1975 and extending health care coverage to 225,000 people, O'Malley added.

To achieve this, O'Malley ac-

See O'MALLEY Pg. 2



# Briefly Stated

**Tuesday, Nov. 2**  
**Navigating the Federal Hiring Process**  
 From 4:30 – 5:30 p.m. in the Wicomico Room of the GUC, Career Services will host Karol Taylor's Workshop, Navigating the Federal Hiring Process.  
 The federal government is one of the largest employers in the world, hiring thousands of new workers each year. They have more than 1.7 million jobs and over 400 occupational specialties.  
 Getting a federal job is more difficult than getting a regular job. A resume needs to have more detail than a regular resume, job titles are standardized, and qualifications are more specific. Other than that when you find an opening you submit a resume or application just like any job.  
 Taylor has more than 28 years of experience in the federal service combined with 15 years of career and academic advising.  
*-Courtney Dennis*

**Wednesday, Nov. 3**  
**Commuter Lunch Series: How to Avoid Procrastination**  
 In the quest to balance on and off campus responsibilities, do assignments get put on the back burner? Writing Center staff will give you tips on how to avoid procrastination when it comes to your academic work. Commuter Connections hosts this workshop at noon on Wednesday, Nov. 3 in Nanticoke Room of the GUC. Lunch is provided. To reserve a spot, e-mail name and student ID to commuterconnections@salisbury.edu.

**Thursday, Nov. 4**  
**Renowned Chinese artists visit**  
 Eight of China's most highly regarded artists demonstrate their nation's traditional painting technique from 1-3 p.m. in Fulton Hall near the Gallery. They come from Suzhou, the "Venice of Asia." The public is cordially invited. The artists will create two large scrolls of calligraphy as a gift — and gesture of friendship — to the Fulton School of Liberal Arts and the University, and will present it at 5 p.m. For more information call 410-543-6030 or visit the SU Web site at www.salisbury.edu.

**CLASSIFIED AD**  
**ART STUDENTS AND ARTISTS WANTED**  
 Earn extra money by selling your homework, originals and signed reproductions. Go to [www.art4themasses.com](http://www.art4themasses.com) - a new Baltimore based fine art website. No artwork over \$500. Largest Internet Sales Date is 11/29. Upload Now!

## Former SU professor speaks on Americans in Ghana

By Amanda Biederman  
 Staff Writer  
 AB24064@gulls.salisbury.edu

Former political science professor Dr. Cyril Daddieh was welcomed back to SU Oct. 28 to speak to the community on emigration to Ghana from the United States. His presentation, titled "Transatlantic Linkages: New Generations of Americans in Ghana," was part of SU's new Enlightened Perspectives Series.

Daddieh has performed extensive research in Ghana, a small country in West Africa. He travels there at least once or twice a year and recently became focused on the emigration of African-Americans to Ghana.

"I'm particularly interested in this group because there is not much written about them," Daddieh said. Thousands of African-Americans go to visit Ghana on a regular basis; it's almost like a pilgrimage. And of those people, so many of them choose to stay in Ghana and live there permanently. We want to learn more about what motivates them and what sort of problems they encounter."

A Ghanaian native himself, Daddieh came to the U.S. as an exchange student in high school. He later returned for college and attended graduate school in Canada.

During his speech, Daddieh discussed five points: the people who move to Ghana, how they make their decision, the different factors involved in making that decision and bases of motivation and integration into Ghanaian society.

Daddieh discussed issues such as discrimination, technological differences and financial difficulties. He noted that one immigrant in Ghana gave him a word of caution.

"Ghana isn't for everybody," he said. "It takes more than just packing up bags to leave."

Daddieh noted that Ghanaian government has been largely supportive of immigration. However, he added that many people still struggle with integration into Ghanaian society and that separations still exist between the groups.

"On both ends, there are adjustments that need to be made for everyone to be able to live together comfortably," he said.

SU junior Scott Dadourian attended the lecture for his Fundamentals of Communication class and said he

found Daddieh's talk intriguing and informative.

"I thought it was interesting to see the link between personal identity and trying to connect to something in a society," Dadourian said. "I also found it really interesting to hear how well African-Americans are accepted into Ghanaian society."

Multicultural Student Services Director Vaughn White said Daddieh's talk is the first of many presentations in this series. On Nov. 9, Dr. Burney Hollis, the dean of Liberal Arts at Morgan State University, will speak in a presentation titled "An African American Sage: The Writings of Waters Turpin."

Turpin is a playwright and novelist originally from the Eastern Shore, who was an important figure during the Harlem Renaissance in the mid-20th century.

"We encourage students to attend these presentations because it's an opportunity to gain a different perspective from an academic speaker that they might not otherwise be exposed to," White said. "It's a wonderful experience."

See photo in the photo bank on page 5.

## English Language Institute reaches out to foreign students

By Mary Capper  
 Staff Writer  
 MC33298@gulls.salisbury.edu

Salisbury University is enticing international students by launching the English Language Institute — an effort to help students who did not get a high enough score on their Test of English as a Foreign Language.

Dr. Sam Song, director of the ELI and a key component in the creation of the program, said he could not be more thrilled that it is up and running. Although the initiative is only in its first year, Song said that he has "great confidence that it will grow into a sizeable program."

There are seven students and four instructors: Song, Agata Liszkowska, Jessica Emhoff and Kelly Tawes. All of the students come from various countries and do not speak English as a first language.

"They all come from different language backgrounds," said Liszkowska, who is also the associate

director for the SU Center for International Education. "We have to teach them from scratch the same things a lot of people take for granted."

The students have various classes: reading and writing, vocabulary and language, and a class that involves the culture of America including idioms that the students may stumble upon.

"(The students) are learning so quickly and having fun doing it," Liszkowska said.

With the program, all of the students also take part in the "Live American Life" experience. They are each assigned several native English speakers who can help them fully immerse themselves into the language. In addition to a host family, they are also given access to people within the greater Salisbury community that are around their age to better help them become a part of the culture.

"We can't just teach within the

**Scholarship**  
 Continued from Pg. 1  
 Latin America to make campus a more receptive place for Hispanic students.

Noelle Ford, a Spanish major, said she is hoping to study abroad and could not be more thrilled about the scholarship.

Ford said she is really interested in Latin American culture.

"I feel that to really understand different cultures you have to live in them," she said.

Junior Amelia Willoughby, a native Spanish speaker, has been to several places in South America.

"I went to Bolivia over the summer and volun-

**Sanity**  
 Continued from Pg. 1  
 gans like, "I already regret making a sign to carry all day."

"I thought it was a fun way to make a big political statement," said senior and SGA president Julia Glanz.

"The rally served as a model for everyone else; the crowd didn't get crazy [and] the signs were all appropriate."

Lynette Atkins drove to the capital from Norfolk, Va. She fixed her eyes on the stage, holding a "Just say no to teabagging in public" sign over her head.

"People need to turn down the volume of their arguments so they can listen to the other side," Atkins said. "It's everyone's country and we all want it to be successful."

The rally was also a venue for proponents and opponents of certain policies, such as immigration. One man paced near the entrance of the Mall with a sign that read "Deport all illegal immigrants NOW!"

D.C. native Amanda Babson used the satirical theme of the rally to express her beliefs.

"I'm actually a counter-counter-protester of this sanity march," Babson said.

Babson wore a hat fashioned out of tin foil and draped a sign over her body that said "Evolution is a socialist scheme" on the front and "Vaccines cause global warming" on the back.

"I'm being asked if I'm joking," Babson said. "That's how I know my point gets across."

For freshman Thomas Parrish, Stewart's serious speech at the end was the highlight.

"He had a lot of good points," Parrish said. "As long as we evaluate everyone else's ideas and try to find common ground, we can move forward."

**O'Malley**  
 Continued from Pg. 1  
 knowledge sacrifices were made.

"We have reduced the size of our state government by 4,200 positions," he said. "We asked everyone to pay an additional penny in sales tax. But because of that penny we've been able to protect things like higher education and public safety as well as improve the health of the Chesapeake Bay."

SU Dens president Scott Moore said he feels the most important issues relating to this election are the economy and education.

"If it weren't for the tuition freeze, I probably wouldn't be able to attend college," Moore said of why he is voting for O'Malley. "State spending is at its lowest since the 1970s."

Teffeau countered that he sees O'Malley's term as less than successful.

"The facts are: O'Malley has raised taxes highest in state history and we are \$2 billion in the hole," he said. "While Ehrlich was governor, sales tax was less and we had a billion dollar surplus."

At the end of the speech, O'Malley had one question for the audience: "Are you up for this fight?"

The room erupted into applause, but not all of the attendees were as enthusiastic.

"I just don't like the amount he has raised taxes," said Katie Rabaglia, a Republican.

On the other hand, sophomore Brandon Rider said he is prepared to vote Democrat.

"I would vote for O'Malley because tuition prices are expensive as it is, and I can't afford for them to go up," he said.

**Ehrlich**  
 Continued from Pg. 1  
 tion, and that's my friend Bob Ehrlich."

Ehrlich noted that the attitude of college students are shifting, which leads to different demands of public officials.

"I think we're going to win college students," Ehrlich said after the event. "I just think the last couple (of elections) students had an anti-war, anti-Republican mentality. Today, your generation, the college generation, is much more concerned with looking for jobs, the economy, and what the situation is going to be when they get out of school. And that obviously benefits us."

However, not everyone agrees.

"I don't think (Ehrlich) been able to sway Democratic voters," said senior Julia Glanz, also the SGA president. "From an Independent's view, I wasn't thrilled by his performance. He didn't seem to have a lot of energy...people feed off of energy."

According to SU President Janet Dudley-Eshbach, students had "a little more flexibility on tuition" during the Ehrlich administration.

"Adding to tuition on the surface might seem like a problem, but in fact you can turn those tuition dollars into scholarships," Dudley-Eshbach said. She also mentioned that during the O'Malley administration it was difficult because of the "economic situation" the entire country had faced. Nevertheless, she said she finds that both men are capable of doing the job.

**Schedule Your Senior Portrait Today!**

You can also call **1-800-OUR YEAR™** (687-9327), during normal business hours, to schedule an appointment.

Senior portraits for the class of 2011 will be taken beginning Tuesday, Nov. 30 in Room 219 of the Guerrieri University Center. It is important that you schedule your appointment now by logging onto Herff Jones' 24-hour scheduling site, [www.ouryear.com](http://www.ouryear.com), entering school code 44.

When you schedule your appointment, you will receive complete information on how to prepare for your portrait sitting and other pertinent information.

Appointment Times:  
 Tuesday, Nov. 30 between 8 a.m. and 8 p.m.  
 Wednesday, Dec. 1 between 8 a.m. and 8 p.m.  
 Thursday, Dec. 2 between 8 a.m. and 8 p.m.  
 Friday, Dec. 3 between 8 a.m. and 5 p.m.

# Crime Beat

**10/23/10**  
 1:15 a.m. – 2 a.m.  
**Disruptive Behavior**  
 Complainant reported a disturbance in the area of St. Martin Hall. Subjects were identified and order was restored. The incident has been forwarded to Student Affairs.

**10/24/10**  
 2:30 a.m.  
**Malicious Destruction of Property**  
 Complainant reported that someone maliciously damaged the exit sign inside Nanticoke Hall.

**10/24/10**  
 1 a.m. – 1:05 a.m.  
**Malicious Destruction of Property**  
 Complainant reported that someone maliciously damaged a University owned vehicle. The case is under investigation.

**10/27/10**  
 9:15 p.m.  
**CDS (Drug Violation)**  
 Complainant reported a drug violation inside a resident hall. All parties were identified and the report was forwarded to Student Affairs.

**10/28/10 – 10/29/10**  
 6:45 p.m. – 5:55 p.m.  
 Complainant reported theft of equipment from the Wicomico construction site. The case is under investigation.

## Making the right candidate choice

**Presidential Citizen Scholars create Voter Guide to help citizens**

By Andrew Bell  
 Staff Writer  
 AB75932@gulls.salisbury.edu

Voter turnout in Maryland's primary election in September totaled 24 percent. According to the Associated Press, this figure is the lowest on record.

Students in Introduction to Political Engagement, a required class for the Presidential Citizen Scholar Program, tried to further involve citizens in the general midterms election by distributing voter guides that compare eligible candidates.

Hayley Edland, a senior taking the class, said while a lot of students don't vote, she feels it is very important to take advantage of the opportunity.

She and Julia Glanz, another Presidential Citizen Scholar, are both taking a College Student Voting class and encouraged students to change voter registrations to local addresses.

The Presidential Citizen Scholar program is an initiative run by SU's Public Affairs and Civic Engagement.

Each student wrote two candidate biographical profiles that were combined into a booklet. The students distributed them over the weekend at locations in Salisbury, Cambridge and Easton.

For the class' professor and PACE director, Dr. Adam Hoffman, the purpose of the voter guides was twofold. Their foremost purpose, he said, is to enable voters to make an informed choice in the ballot box.

"The community benefits by becoming more informed about the candidates they vote for," Hoffman said. "In addition, they get to interact with SU students in a positive and productive light."

A secondary purpose is to allow students to "become civically engaged in one of the most important acts in our democracy," Hoffman said. "Students learn the importance of participating in the voting process. It's an important part of being a good citizen and a key component of determining who is going to represent you and what policies will be passed."

The Presidential Citizen Scholar program allows students of diverse majors to spend a year learning about civic engagement and democratic participation. Students participate in academic seminars, civic events and volunteer projects. They learn about political topics and have been trained by the Board of Elections.

The voter guides are part of the program's overarching goal to combat student apathy and ignorance about the political experience. Participants have, for example, visited classrooms and organized tables on campus to register students as voters and to educate them about democratic processes.

The program aims to assist students such as freshman Jen Bailey, who says she is not voting because she is confused about who to vote for.

"There are so many candidates to consider and they aren't always truthful," Bailey said.

Bailey said she believes she would benefit from a voter guide.

"It would clarify many of the questions I have," she said.

**RETRACTION**  
 "Perdue Executive headlines National Business Women's Week," 10/26: Perdue Farms' CFO and senior vice president's name is spelled Burza, not Bursa. The Flyer regrets this error.

# Overheard: How do you feel about the Four Loko controversy?

Photos and article by Kelly Mundle and Adrienne Price



"I don't even know what Four Loko is."  
 -Sarah Adkins, freshman



"Banning it won't help. If kids want to drink alcohol and energy drinks, they will go out and buy them and mix the two themselves."  
 -Cody Trenary, freshman

**NEW THIS YEAR! How would you answer this question? Text your answer, along with your full name and year, to 646-535-NEWS (6397) for the chance to be featured on our blog!**



"A warning is a great idea."  
 -Jacki Kaluzny, freshman



"I think they should just lower the caffeine and alcohol content to make it safe."  
 -Taveria Campbell, University employee



"I don't drink Four Loko. I don't like the taste."  
 -Caitlin Cross, freshman

## The Flyer

Salisbury University's Student Voice  
 Phone: 410-543-6191  
 Fax: 410-677-5359  
[flyer@gulls.salisbury.edu](mailto:flyer@gulls.salisbury.edu)  
 Salisbury University  
 Salisbury, MD 21801  
 Vanessa Junkin  
 Editor in Chief  
 Adrienne Price  
 Monique Jones  
 Graphic Design  
 Leah Cox  
 Kelly Pahl  
 Layout

News Editor Diana Dwyer  
[dd15629@gulls.salisbury.edu](mailto:dd15629@gulls.salisbury.edu)  
 Gull Life Rachael Stone  
[rs60918@gulls.salisbury.edu](mailto:rs60918@gulls.salisbury.edu)  
 Editorial Eric Buratty  
 Editor  
[eb55419@gulls.salisbury.edu](mailto:eb55419@gulls.salisbury.edu)  
 Sports Editor Alexis Howard  
[ah48115@gulls.salisbury.edu](mailto:ah48115@gulls.salisbury.edu)  
 Advertising Kristen Etzel  
 Manager  
[kettf994@gmail.com](mailto:kettf994@gmail.com), [flyerads@gulls.salisbury.edu](mailto:flyerads@gulls.salisbury.edu)  
 Photography Adrienne Price  
 Editor  
[ap27538@gulls.salisbury.edu](mailto:ap27538@gulls.salisbury.edu)  
 Copy Editor Kelly Mundle  
 Web Content Jared Kobilinsky  
 Coordinator  
 Photographers Dan Anderson  
 Erin Corcoran  
 Leslie Davis  
 Matt Goldman  
 Pat Hackley  
 Lura Herriman  
 Beeta Nazemian  
 Justin Odendahl  
 Jules Waxman

Staff Writers Ajia Allen  
 Andrew Bell  
 Amanda Biederman  
 Aaron C. Bruce  
 Mary Capper  
 Evan Clifton  
 Brittany Cooper  
 Patrick Drengwiz  
 Mike Gibb  
 Mia Gilstrap  
 Kaycie Goddard  
 Pete Hicks  
 Kristina Jackereas  
 Amanda Kimmish  
 Sarah Krauss  
 Melanie McAuley  
 William Merlo  
 Matthew Miller  
 Kayla Smith  
 Erin Traylor  
 Greg Weston  
 Jamyla Williams  
 Jalissa Worthy

Advertising Staff Jim Stracke

Editorial Policy: Letters are welcomed and ENCOURAGED. Please include your name and your class. Faculty members, please include your department. Letters should be no longer than 400 words. The Flyer reserves the right to refrain from publishing any text. Deadline for submission is Wed. at 5 p.m. Please e-mail letters to [flyer@gulls.salisbury.edu](mailto:flyer@gulls.salisbury.edu).

Have you seen yourself in The Flyer? Stop by GUC 215 Monday - Thursday 8:30 a.m. to 3:30 p.m. with your flashdrive and we'll give you your pictures free of charge!

Text comments, questions or story tips to 646-535-NEWS (6397).

## Bigger is not always better

By Pete Hicks  
 Staff Writer  
 PH23698@gulls.salisbury.edu

If you're sitting in a lecture hall with over 100 other students and there is no way that the professor can keep an eye on you, will you pay attention? Be perfectly honest with yourself. This pseudo-philosophical question is one that has plagued college campuses for generations.

Large class sizes just do not work.

The bigger the class, the easier it is to hide. That's just a general rule of college. Texting, eating, doodling, sleeping, talking and doing work for other classes confirms that just about anything is fair game when

you know it's hard to get caught. There's nothing to stop students from losing focus short of their individual willpower. But who can honestly say they can copiously take notes for an entire period when the notes can just be read online later in PowerPoint format? Who can say that they actually focus when procrastination is so much easier? There are very few people who would say "yes."

In contrast, smaller classes serve to keep students in check. When the professors can actually see you, or even more importantly, learn to match your name with your face, you may feel obligated to focus a little more out of the fear of being

called out for not paying attention. Also, by developing a closer relationship with professors, you can often appreciate what they are saying more.

The smaller the class size, the better students learn. Does this mean that only those students that make it past the initial stage of their college education get to receive in-depth teaching? General education class sizes are on average, larger than upper level courses. So, only students who prove they can handle gen-ed and college itself are allowed to receive the benefits of smaller class sizes.

Large classes are simply a test to see if you can handle the strain of

learning at Salisbury University. This means that students have officially been challenged to pay attention in class in order to reap the benefits of upper-level courses, where learning is made much more interactive. But beyond working harder, why can't the University try to make more gen-ed classes and allow for their sizes to be smaller?

The only sensible solutions include hiring a few more professors, opening up more time slots, or just making an effort to improve the professor-student relationship. For the high tuition price that's paid, a better learning experience is what I'd only hope we continue to strive for as an institution.

## Origins of the Iranian conflict

By Mike Gibb  
 Staff Writer  
 MG81465@gulls.salisbury.edu

If an American is asked when the Iranian conflict started, the name Ahmadinejad might enter the conversation. Or, if the individual is more politically informed, he could perhaps mention the Iranian Revolution of 1979.

This was the same year the Pahlavi dynasty was overthrown and replaced with political Islam. When the same question is posed to an Iranian, however, the answer may be radically different. The epicenter of the conflict for an Iranian could be said to have started on Aug. 19, 1953. This date marked an important

time in Iranian history. Foreign powers quashed Iranian democracy.

In the early 20<sup>th</sup> Century, the Shah of Persia — Mozaffar ad-Din Shah Qajar — sold Iran's rights to its oil in return for a 16 percent net profit. It's important to note the Shah's reign is largely remembered to be ineffective, as he was incapable of correcting the debt left by the previous Shah.

The British enterprise Anglo-Persian Oil Company, one of the companies that became known as British Petroleum, was established and Persia's oil industry began.

After the previous government was overthrown through the constitutional revolution, Persia wished to renegotiate the original terms

to this arrangement. Their argument emphasized that the government, which offered this agreement, was an unconstitutional one. Also, the agreement itself was only made because, at the time, the government was under an incredible amount of duress.

The newly-formed constitutional government wished to reclaim the desperately needed national wealth for its own development and believed it shouldn't have been bound to the agreement. The government was still willing to renegotiate and acknowledge it.

Mossadegh, disappointed with the lack of progress with the British oil giant, sought to nationalize the Iranian oil industry. While the measure re-

ceived immense Iranian support, Britain responded by placing an embargo on Iran in the global market. When Mossadegh was able to curve inflation, Britain responded by seeking U.S. intervention in the affair. A plot was devised to overthrow Mossadegh. This plot was named "Operation Ajax."

After Mossadegh was removed from office and the Shah returned to the country, rates of inflation almost tripled. While the Shah's policies reflected U.S. and British interest, they were largely unpopular among the Iranian people. This led to the Iranian Revolution of 1979, which ousted the Shah and established Iran as an Islamic Republic.

Contemporary Iranian foreign policy is a reflection of the anger that was perceived as a continuous exploitation by western forces. While Ahmadinejad's views may or may not adequately reflect the disposition of the average Iranian, they are still a result of decades of Iran merely being viewed as a proximity site in the west, as opposed to an autonomous government.

If we truly wish to quell the idea of Iran as a nuclear threat, no amount of military firepower or economic sanction will suffice. Instead, we must address and correct the issue from the Iranian perspective, and move henceforth.

## Ms. Advice

Responsibility and trust: Did you "lose" something or was it "stolen?"

Accusing someone of taking something that's yours is something I recommend you do with caution. A few weeks ago, I left a pair of sunglasses in the computer lab upstairs in the library. When I realized I'd left my Marc Jacobs brand sunglasses, I returned in vain.

Of course the girl who took them did not turn them into the lost and found. I wondered what I would have done if I saw the sunglasses in her thief hands. However, I have to take responsibility for the fact that I left the glasses on the table. If I did come across the girl who claimed my sunglasses for her own, it would be my word against hers.

My advice to anyone who has misplaced an item and then had it stolen by another person is to just let the item go. Unless the item is a laptop or object of personal significance, it may be something you don't need to pursue. Sometimes we're going to lose our things, and we won't get them back. The problem with not letting something go is that it leaves room for anger to come in and dominate.

While it's not OK for someone else to take your belongings, it's also not worth allowing too much negativity into your thoughts. Eventually that anger can go into overdrive. Once that happens, emotions begin to fester. Keep your thoughts in check.

You can try to approach the person you suspect has your property. However, telling someone of authority is probably a better idea. An RA or trusted friend would also be good people to consult. Not only can they vouch for the situation but they can also give you further guidance.

Before you actually decide to confront the person, determine whether the item is worth it. When approaching the suspected person, don't be accusatory. Explain to the person your reasons for believing the item is yours. Remember, it's possible that they have the same item as you do.

Sometimes things will look obvious, and you will have every reason to believe you are right. But unless you can prove it to someone in authority, chances are the person isn't going to fess up. Whatever the item is, it's not worth getting in a fight or getting too angry over. I understand that it's frustrating to know someone has something of yours with no way to prove it. You'll either have to get someone in the school involved, or let the item go.

Have a question for Ms. Advice? E-mail your anonymous questions to [gullgirlnextdoor@gmail.com](mailto:gullgirlnextdoor@gmail.com) or put your questions in the large envelope tacked to The Flyer bulletin board outside of The Flyer office, GUC 215.

## ~SUDOKU~

THIS WEEK'S PUZZLE:

6						7	3
7	8			3		5	
		7	9				
1		3		4			
	4	1		6	2		
	3		2			1	
			8	1			
9	3					4	2
3	7						8

## LAST WEEK'S ANSWER:

6	3	4	2	1	7	9	5	8
2	9	7	3	8	5	1	4	6
5	1	8	6	9	4	2	7	3
1	5	2	9	7	8	6	3	4
3	7	9	4	6	2	8	1	5
8	4	6	1	5	3	7	2	9
7	2	3	8	4	6	5	9	1
4	8	1	5	2	9	3	6	7
9	6	5	7	3	1	4	8	2



## Excitement for schoolwork could be bumped up a notch

By Ajia Allen  
Staff Writer  
Aa75530@gulls.salisbury.edu

Excitement definitely fills the air around the time of Halloween. People plan their Halloween nights and festivities weeks ahead of time. If only the same measure of zeal existed while planning out the writing process of an English paper!

Halloween is now behind us. However, the level of excitement is hardly the same for the paper, right?

The enjoyment you can find while writing an English paper may be completely different from going to a Halloween party, but ask yourself the following question: "Which is more important towards having a successful college experience?"

If you approach academics with excitement instead of reluctance, your overall college experience will surely benefit. While trivial things like parties and going out with friends can be fun and reduce stress, it can become quite easy to allow these sorts of entertainment to take precedence over studies and ignore putting a full effort toward assignments. This is what I refer to as the battle between lazy and pro-

ductive excitement.

More specifically, the things that matter least and those with the most excitement attached towards them are often in an imbalance. This is because, for most college students, it's pretty obvious which type of excitement takes the back seat.

Everyone's personal beliefs about what matters more during their college days may vary, but one thing that remains unanimous is that we are all spending much time and money attending Salisbury University. So why not spend that time and money well? We get our money's worth by focusing more on studies rather than partying.

While the majority of students get extra enthused over recreational pursuits and neglect their studies, keep the following fact in mind: there are still plenty examples of studious individuals setting their sights toward the future.

Perhaps this is the main reason why lazy excitement outweighs productive enthusiasm overall. Students are concentrated more on their present stresses rather than looking to the day their degree is earned and the subsequent days when life and the real world begins.

## Letter to the Editor

### SU students show civility

Dear Campus Community,

Recently, national events have raised questions about the meaning of civility on college campuses. The tragic death of Tyler Clementi, a talented student who took his own life after his roommate secretly videotaped him in an intimate encounter with another male and posted it on the Web, prompted a candlelight vigil here at SU. We heard of a Central Washington University party where several students became ill by drinking punch with Four Loko, a drink that has a high alcohol content and caffeine. Incidents on other campuses have also challenged us to stop and reflect on our own University and how we treat each other.

Many refer to our campus as "A Maryland University of National Distinction," and, personally, I like to refer to SU as "The Best University in the Galaxy." Such enthusiasm is generated by the many examples that I and others see every day, including thoughtful acts of civility. One was recently highlighted when Gov. Martin O'Malley visited Oct. 25. As the SU College Republicans and the SU Dems waited for the governor, I saw some friendly joking between the two groups highlighting differing points of view.

Once the governor arrived in the Fireside Lounge, the SU College Republicans stood to one side, holding their signs, and the SU Dems the other. The SU College Republicans respectfully allowed the governor to have the floor.

At the end of his speech, Governor O'Malley commented on the honorable behavior he saw from SU students from both political parties. Their conduct undoubtedly left a strong impression of our campus that he will carry back to Annapolis. As I watched everyone eat pizza and mingle after his speech, I could not have been prouder to be a part of SU. Our University is a marketplace of ideas and differing points of view, and you, our students, were setting the example of how people can differ in a civil manner.

We are not perfect. From time to time we see acts on our campus like a physical altercation among students or disrespect to the Saferide driver or resident assistant who is only trying to help. During moments of pressure, we need to stop and think of our individual responsibility in ensuring a civil society on our campus and beyond.

The recent example by the SU College Republicans and SU Dems exhibited the Salisbury Promise: *I will connect what I learn with how I live; I will demonstrate personal and academic integrity; I will respect diverse groups and individuals; I will strive to bring honor to the University as well as myself—when lived, creates success for all.* As we approach the season of Thanksgiving, I am grateful to be part of such a campus.

Sincerely,  
Ellen Neufeldt, Ed. D.  
Vice President of Student Affairs  
Salisbury University

### CLASSIFIED AD

#### The Knowland Group – Event Follow-Up

Seeking individuals to contact German companies regarding events. Candidate must be fluent in German and in English. Must be available to start between 5 and 6 AM, Monday through Friday. Must have up to date computer and be able to download and utilize Skype for international calls. Should be available for a minimum of 4 hours per day. This is a part time position and pays \$8 per hour. Qualified applicants send resumes to: hrdept@knowlandgroup.com.

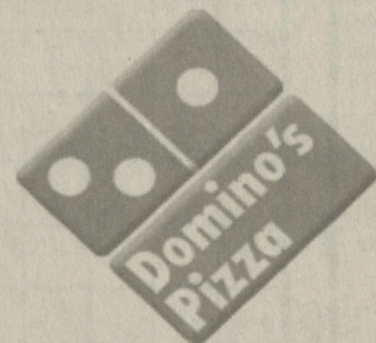


**Go Green,  
Save Green!**  
Bring in your own clean cup  
& save 15¢ on your drink.  
Beverages served are 12 oz., 16 oz. & 20 oz.

Available at Cool Beans  
dining location only.



**Large 1 Topping  
\$7.99 + tax  
Breadsticks or Cinnastix  
\$2.00 + tax**



**410-742-6900 - South Salisbury**

**CHECK OUT  
OUR BLOG**

<http://www.suflyerblog.blogspot.com>

**Add us as a friend  
on FACEBOOK**



**ALL DAY. EVERY DAY.**  
No coupon required, just valid College Student ID.

**\$8**

**Large 1-Topping Pizza**  
Valid on Pan, Thin 'N Crispy' or Hand-Tossed Style Pizza.

**Pizza Hut**

Dine-In • Delivery • Carryout  
**410-749-8306**  
1217 Mt Hermon Rd

Copyright ©2010. Valid with College Student ID. Not valid with other promotions or offers. Additional charge for extra cheese. Participation, delivery areas and charges may vary. Cash value 100¢. © 2010 Pizza Hut, Inc. 09/09/10 Sales

# GULL LIFE

Volume 38, Issue 9

November 2, 2010

## Book club to debut on campus, founder hopes it will engage students in reading

By Amanda Biederman  
Staff Writer  
Ab24064@gulls.salisbury.edu

Salisbury University can boast a list of over 100 student clubs, ranging from intramural sports to cultural and religious organizations. To many, this may sound impressive. However, one freshman was not satisfied.

Computer science major and honors student David Eberius helped found a book club at his high school, and said he decided that SU needed

one as well.

"Students should be able to read something they enjoy outside of class," Eberius said.

To create the book club, Eberius has gone through SGA's process of drafting a constitution and presenting it to a committee. He has had to set up rules and regulations for the club, as well as a regular meeting time and place. Eberius plans for the club to meet once a month. However, he has not yet established an official meeting place.

"I'm considering using the Fireside Lounge; however, it's hard to reserve a spot now," he said. "We'll just have to see... but when the weather's nice, I'd like to meet somewhere outdoors, maybe in Red Square or behind the Honors House."

The club will be advised by Honors Program Director Dr. Richard England. "Eberius came to me with this notion and I was happy to help him," England said. "Any time that students want to

read voluntarily outside of classes, I'd be very happy to encourage that."

The club will be open to all students, and Eberius has already gathered a group of prospective members.

"(I'd like to join Book Club) because I don't read enough," said freshman Natasha Shangold.

She noted that two of her favorite books are "The Kite Runner" and "A Thousand Splendid Suns."

Books will be chosen by popular vote; however, Eberius plans to sug-

gest "Looking for Alaska," a young adult novel by one of his favorite authors, John Green.

Eberius plans to hold club meetings by next semester, at the latest. "I hope that Book Club can grow to be a respectable club on campus and I also hope to expand the fiction section of the library," he said.

We're planning on donating the books that we read (to Blackwell Library) after we read them. I also hope that Book Club will foster an interest in fiction across campus."



Kathy Pusey photo

Performers show off Chinese culture for the audience as part of "Colorful China: A Celebration of China's Ethnic Communities" Oct. 27.

## SU and China create lasting friendship

By Melanie McAuley  
Staff Writer  
Mm57265@gulls.salisbury.edu

Chinese heritage was embraced during a performance that incorporated song, dance, and fashion with the long-living dynasties of the country during the "Colorful China: A Celebration of China's Ethnic Communities," on Oct. 27.

"I am honored to have this event at Salisbury University," said June Krell-Salgado, director of Cultural Affairs. "World Artists Experiences has brought this to us and I hope students realize what an amazing opportunity this is to have right here at our university."

The show incorporated the 56 ethnic groups existing in China, represented by 48 Chinese performers. The company also integrated SU into their performances by letting 20 students participate in their fashion show. "It was a spur of the moment decision," said junior Lalise Geleta of participating in the fashion show. "It was a wonderful decision and an experience that I will always remember."

The show was introduced by the Head of the Delegation, Wei Ronghui, and her words were trans-

lated by several interpreters.

"The Americans are very kind and hospitable," Ronghui said. "We felt very welcome from just the applause of the audience. It showed that they loved our culture, and we were very moved."

"I loved all of it," said Ellen Neufeldt, vice president of Student Affairs. "I especially loved the instruments and the blending of SU students in the show. The SU students helped symbolize the friendship between America and China."

"Colorful China" was sponsored by the United Nations Educational, Scientific and Cultural Organization; the Office of Cultural Affairs; the Chinese National Museum of Ethnology; the Embassy of the People's Republic of China; and World Artists Experiences. China Television was also present.

The Office of Cultural Affairs is constantly working with World Artists Experiences to bring more events to SU.

Students can experience more Chinese culture Monday, Dec. 13 as the dance company Dancetrama: Shan Xi comes to SU.

## Fashion for a cause

### Our Scarves Mean Business group raises funds

By Melanie McAuley  
Staff Writer  
Mm57265@gulls.salisbury.edu

As the holiday season approaches, five students in Paula Morris' promotions and advertising marketing class do not just have to worry about finding presents. They're also making and selling their own gifts: hand-dyed silk scarves.

These senior students — Adrienne Price, Jim Stracke, Rachael Stone, Morgan Majchrzak and Kate Schuman — were challenged by their professor to execute a successful marketing plan. Instead of planning and hosting an event, the group decided to improve a project that was done last year, selling hand-dyed scarves and giving 75 percent of the proceeds to the Perdue School of Business.

The other 25 percent of the money will go to Women Supporting Women, a local non-profit organization that educates and provides awareness about breast cancer. The group partnered with the organization in conjunction with October being Breast Cancer Awareness Month.

Already this year, the group has almost doubled the number of scarves sold last year. Price said almost 40 have been ordered so far this year. "The response has been great so far," Majchrzak said. "Everyone is especially excited when they hear it is going to Women Supporting Women. It's really a great cause."

If the goal of selling 100 scarves is met, Dean of the Perdue School of Business Bob Wood, Dr. Frank Shipper, and Dr. Kenneth Smith will all wear pink scarves for a day in support of Women Supporting Women.

"I'm very proud of how our Perdue students find time in their schedules to donate time and raise funds for others," Wood said. "Our wearing of

the scarves will give us the opportunity to share their efforts with people across campus."

Morris said she is proud of the group. "This project is one of eight the student projects I have happening in my class," she said. "I am very excited that the students are learning to plan and implement a marketing strategy, and that it is going so well."

The scarves are made of silk, with several different patterns and colors to choose from. Each scarf is hand dyed by a member of the group. Each scarf is \$30 and can be ordered in person or online.

Nikki Dyer, disabilities coordinator, bought two scarves and said she recognizes and admires the hard work that the group has put into the project.

"I think it's really neat to see students become entrepreneurs," Dyer said, adding it's nice that she and other members of the SU community can assist the University through this fundraiser. She said she plans to give the scarves as gifts.

"I think it's a really great idea for



Adrienne Price photo

Innae Park, a reporter from WMDT, interviews Jim Stracke and Rachael Stone about selling scarves for a class project fundraiser.

## From the Photo Bank:

### What's Happening On Campus



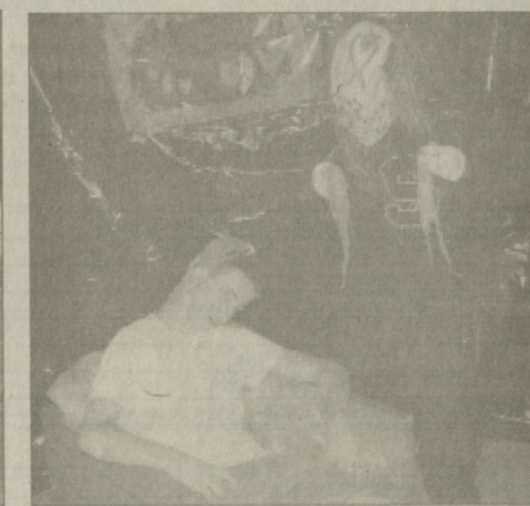
Dan Anderson photo

Children of SU faculty and staff trick or treat early in Dogwood Village on Oct. 27.



Adrienne Price photo

Brandon Patton, Danny Sadler, Andrew Fetsko, Devin Jones, Brandon Gonzalez and Zac Sleight dress up for SU's field hockey game on Oct. 28.



Adrienne Price photo

Students act out a scary scene for the Haunted Basement held in Nanticoke Hall on Oct. 28.



Leslie Davis photo

Dr. Cyril Daddieh shares stories during his lecture, "Trans-Atlantic Linkages: New Generations in Ghana," on Oct. 28 as part of the Enlightened Perspectives Series.



Erin Corcoran photo

Students learn to help defend themselves during Girls Fight Back, a program SOAP hosted on Oct. 26 in the Wicomico Room.



## Campus runs against domestic violence

By Sarah Krauss  
Staff Writer  
Sk32822@gulls.salisbury.edu

With support from local businesses, members of the SU community participated in the Love Shouldn't Hurt 5k the morning of Oct. 30.

Shannon Cahalan, Alex Olson and Samantha Georgeson from Paula Morris' Promotion Management class, with members of the Campus Against Violence program recognized Domestic Violence Awareness Month by holding a run to raise awareness of the problem.

Seventeen runners came out for the event and six others gave donations.

Junior Marisa Cooke, a member of CAV, said they decided to or-

ganize the event "to raise awareness in the community. By the runners being here, they are supporting an end to domestic violence. We want to bring (the issue) out in the open. It is a great cause, but a lot of people don't know about it."

Alysha Warren, counselor and CAV coordinator, said one in three women will suffer from some type of domestic violence.

The four indicating factors of domestic violence, she said, are controlling behavior, excessive jealousy, isolation from family and friends and possessiveness.

Warren urged students to "speak up if you see your friends in a violent relationship. They need your support; someone to listen and not judge them."

Warren also explained the role of the Counseling Center with these types of situations.

"We are a great resource. We won't tell you to break up with your partner if you don't want to," she said.

"What we will do is give you tips on how to act safely."

Freshman Eric Benner ran the 5k in thirty minutes. A veteran runner, he said "it was tough."

Benner is also a CAV peer educator in the event was "to support and get the word out (about domestic violence)."

Senior Michelle Opelia said, "the run wasn't too long if you paced yourself. The team of runners had good morale throughout. I was expecting the runners to be a lot



A student stretches before taking part in the Love Shouldn't Hurt 5k, which began in Red Square on Oct. 30.

faster, but I came in with a pretty good time."

A first-time runner, Opelia participated because she thought "it

was for a good cause."

Cahalan said the group was able to raise \$340 for the Life Crisis Center in Salisbury.

Dan Anderson photo

## Meet...

### Jessie Johnson

Each week in The Flyer, readers can learn more about other members of the SU community through this new question-and-answer column.

By Sarah Krauss  
Staff Writer  
Sk32822@gulls.salisbury.edu



Jessie Johnson

Meet Jessie "Junebug" Johnson, a sophomore at Salisbury University. From Silver Spring, Md., Johnson is currently an environmental studies major with a biology minor. When she's not working for Food and Water Watch — an organization that works to ensure clean water and safe food for people all over the world — she likes to be outside, hug trees, and build trails. She is an avid member of Salisbury University's Environmental Student Association, Outdoor Club and Phi Eta Sigma honor society.

The Flyer had a chance to talk with Johnson, here is what she had to say...

**The Flyer: Why did you decide to go to Salisbury University?**  
JJ: Johnson: To study abroad. I am going to India this December, and hope to travel to New Zealand, too.

**TF: Who is your favorite professor at SU?**  
JJ: Mr. (William) Nelson. He works in the Environmental Department and teaches Earth Literature. He is so smart, and has done a lot of really cool things.

**TF: What is your favorite food to make?**  
JJ: Vegan brownies made of flour, cocoa, bananas and sugar.

**TF: What is the last concert you**

went to?

JJ: The last concert I went to was a bluegrass concert. But the music I most enjoy is rock and indie, like Coldplay, Owl City and Bon Jovi.

**TF: What do you do when you are bored?**  
JJ: I like to go outside and read.

**TF: If you could be a star in any movie or show, who would you be?**  
JJ: Addison from "Private Practice."

**TF: If you could have any profession, what would it be?**  
JJ: I would be a tree sitter. They sit in trees to protect them from being cut down by loggers.

**TF: Who is your role model?**  
JJ: Rachel Carson. She is a leading environmentalist before it was thought of as a job. She made all of the modern advances.

**TF: What is a unique talent of yours?**  
JJ: I am a great debater. I can out-talk almost anyone.

**TF: What is your signature saying?**  
JJ: "I need coffee."

## FRENCH WEEK

*Dinner & Dessert Bar*

Sponsored by Dining Services & the Office of Cultural Events

THURSDAY, NOVEMBER 4

4:30-7:30 p.m.  
In The Bistro

Featuring entertainment by "Stereo Strings"

410-543-6105 • www.salisbury.edu/dining

Rosemary Rotisserie Chicken • Coquille St. Jacques (Scallops & Shrimp) • Grilled Steak Diane • Vegan Cassoulet • French Rice • Red Roasted Potatoes • Spinach & Herb Soufflé • French Beans in Shalot Butter • French Baguette • Croissants • Chocolate Mousse • French Apple Pie • Chocolate Eclairs • French Cream Horns

By Eric Buratty  
Editorial Editor  
Eh55419@gulls.salisbury.edu

Have you ever had the urge to train like an athlete? Regardless of your answer, you can definitely learn a lot from them. Athletes exhibit a tremendous amount of mental and physical toughness, which is necessary in life and when on the field. As a result, they maintain some of the strongest and leanest bodies in the world. I want to help you understand why as this series continues to unfold.

Two weeks ago, I covered how to train like a soccer athlete. You can head over to [www.unleashyourfitnesspotential.com](http://www.unleashyourfitnesspotential.com) in case you missed that. Now with the help of Matt Nein, Head Football Coach Sherman Wood, and Assistant Football Coach Robb Disbennett, I present to you the second installment of this series for the fall semester: sports specific training for football athletes.

### Movement patterns of football players

After the needs analysis is performed for the physiological and metabolic demands on the football field, movement patterns are subdivided into groups of players due to the large range of positions. According to Nein, the SU Strength and Conditioning Program uses four groups when designing an optimal training plan.

"When designing their yearly plan, our main focus is on size, strength, and power," Nein said. "These three main components are broken down into four groups to be consistent with their respective movement patterns."

The first group consists of the offensive line, defensive line, inside linebackers and long-snappers. The second group includes quarterbacks, kickers and punters. The third group contains slots, super-backs (a.k.a. full-backs) and "daws." The fourth and final group is comprised of wide receivers, defensive backs, cornerbacks and safeties.

### What football coaches look for

In terms of being physically strong and prepared, football coaches essentially look for overall endurance and work ethic. According to Wood, football players need to be able to maintain that high level of energy during the end of the game as when they started.

"We all want them to be physically strong; but in addition, I like for more of my players to have plenty of endurance (high rep/low weight) as well," Wood said. "I would like for our players to be strong and well conditioned in the first and fourth quarters."

According to Disbennett, the extent to which players are exposed to proper strength and conditioning programs at the high school level helps show whether the athlete is physically ready. Basically, the guys with more experience are able to start faster while those with less exposure often need to be taken to the next level with the SU Strength & Conditioning Program first.

"Freshmen often realize right

Wood and Disbennett are the head and assistant football coaches, respectively, and Nein is the manager of facilities and fitness programs at SU, a strength and conditioning coach, and a CSCS-D and SPARQ National Trainer. I'm a certified trainer as well.

So, if you have any questions, feel free to email any of us at [SLWOOD@salisbury.edu](mailto:SLWOOD@salisbury.edu), [RWDISENNETT@salisbury.edu](mailto:RWDISENNETT@salisbury.edu), [MANEIN@salisbury.edu](mailto:MANEIN@salisbury.edu), or [eh55419@gulls.salisbury.edu](mailto:eh55419@gulls.salisbury.edu). You can access previous articles online at my website, [www.unleashyourfitnesspotential.com](http://www.unleashyourfitnesspotential.com).

Tuesday Workout: Strength Endurance (45-60 min.)		Execution	
Warm-Up: Jumping Jacks, BW Squats		1 min. each x 1	
A. Staircases (up and down = one)		AMAP in 20 min. x 1	
B. Quick jog to next exercise		Complete in under 5 min.	
C. BW Pull-Ups		5-10 x 4 OR AMAP x 4	
D. BW "Bench" Dips		70-80	
E. Teammate Sit-Ups		AMAP in 1 min. x 3	
<b>*Key:</b> AMAP = as many as possible, BW = bodyweight			

Monday Full Body Workout (60-65 min.)		Execution	
Dynamic Activation Warm-Up (10-15 min.)		x10	
Rollbacks into V-sits		x10 (holding for 5 sec. ea. rep)	
BW Glute Bridge Hold		x5	
BW Walking Lunges + Low Height Obstacle Jump		x5	
Pyrametric Push-Up		x5	
Narrow-Grip Eccentric Pull-Up		x5	
Strength + Size Workout (45 min.)		Execution	
1. Lower Body (Squat Dominant)		Set Range	
A. Potentiation: Barbell Backlifts (Jump) Squat		Sets of 3 with 10-20% of max	2 to 3
B. Stimulation: Barbell Front Squat		Sets of 6 with 70-85% of max	3 to 6
C. Upper Body (Pushing/Pulling Dominant)		Execution	
A. Potentiation: Drop, Catch, Lift Barbell Bench Press		Sets of 3 with 10-20% of max	2 to 3
B. Stimulation: Barbell Bench Press		Sets of 6 with 70-85% of max	3 to 6

## Weekly WXSU DJ Schedule: 96.3 FM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Noon-1 p.m.: Story Tellers with Amber Clark 3-5 p.m.: Beat Block with David Kozlowski 6-8 p.m.: The Sound with B.J. Alexander 8-10 p.m.: What's Poppington with Olympia Sanders	5-6 p.m.: In-Flight Radio with Lorie Liebig and Stephen Waldron 6-7 p.m.: Nick's Mix with Nick Moreno 8-9 p.m.: Ben Duklewski's show	5-7 p.m.: Greek Life Radio with Erin Cherniak and Erica Richards (See feature, page 7) 9-10 p.m.: Joey Gutkoska and Ashley Blair's show	Noon-1 p.m.: Rock and Roll Time Machine with Sara Roe 1-2 p.m.: The Jerry Christopher Show with Jared Kraus 5-7 p.m.: Garrett Connell's show 7-9 p.m.: Thirsty Thursdays with Leslie Davis and Christina Berke	11 a.m.-2 p.m.: The Friday Hangover with Jeremy Dow 1-3 p.m.: James Townsend's show 3-5 p.m.: 3-5 Driveby with Chelsea Kucera 7-9 p.m.: The Friday Night Crash with Leslie Roane	4-5 p.m.: NFL Talk with Kevin Zelaya and Ben Short

## Professors provide glimpse of Ghana's slave castles

By Rachael Stone  
Gull Life Editor  
Rs60914@gulls.salisbury.edu

"Every American should want to visit Ghana," was Dr. Lee Ann Fujii's closing remark to the roundtable discussion on the Slave Castles of Ghana at the Nabb Research Center for Delmarva History and Culture Oct. 27.

The presentation was given by Fujii, an assistant professor of political science at George Washington University and Tonya Price, an English lecturer at SU.

Price and Dr. Kelli Randall co-led a study abroad trip last March, in which they studied the history and culture of Ghana.

Fujii took part in a mission to try to increase trade and contact between the San Francisco Bay area and Africa.

Both had taken separate trips to the Ivory Coast in West Africa, and although their trips didn't have the same purpose, they both left with similar experiences.

During their time there, Fujii and Price had the opportunity to visit Cape Coast and Elmina castles, where an estimated 60 million African slaves were captured along the coastline of West Africa and imprisoned during the transatlantic slave trade.

Price and Fujii both said they found touring the slave castles in Ghana to be an unforgettable and emotional experience.

"This experience was emotionally draining for us. Many of us had difficulty sleeping that night," Price said. Although the tour was brief, lasting only 15 to 20 minutes,

Price and Fujii said they found it difficult to be in close proximity any longer.

"Just the silence, the sweat and stench...none of us could endure being trapped in here for 20 to 30 minutes," she said.

Fujii said the castles are not just replicas, and what people walk around on are the actual dirt, urine, blood, feces, sweat, crushed bones and anything else from the slaves imprisoned there.

"You wander up a few stairs and you were in someone's dining room," she said.

"There are people literally living on top of these dungeons. There's two worlds existing at once."

Dr. Ray Thompson, Director of the Nabb Center, planned the event last spring. He said he was pleased that

Price and Dr. Fujii could educate the community about the slave castles and history and culture of Ghana.

"The goal of the presentation was to raise awareness of the Slave Castles of Ghana among those who attended," he said. "Few people know of the existence of these ominous structures on the west coast of Africa. Even fewer know of the horrible conditions in which the Africans were imprisoned prior to their being shipped to the Americas as slaves."

Slave castles aside, Price and Fujii both said they found the people of Ghana to be very welcoming into their villages and homes.

"These people are very happy and proud of their culture," Price said. "It's like you've known these people all



Mariama Saffa, left, went on the study abroad trip last March. She is shown with Dr. Tonya Price, who holds up Ghanaian art.

your life, that's the feeling that we had."

Fujii and Price said they encourage Americans to visit the beautiful country of Ghana,

take it in for all it's worth, and realize that we as Americans have so much to be grateful for in this country.

Submitted photo

## Treat Street provides safe Halloween opportunity

By Brittany Cooper  
Staff Writer  
Bc17056@gulls.salisbury.edu

Salisbury's Downtown Plaza was crawling in costumed figures on Sunday Oct. 31 at the Jaycees' third annual Treat Street. Jason Rhodes, a Jaycees member and public information specialist at SU, headed Treat Street and said he was delighted with the event's success.

"This year we were expecting over 400 children to participate which is about a 33 percent increase over last year's turnout," Rhodes said. "We weren't able to get a grant this year as we have the past two years, so we were thankful for all of the sponsorship we received."

Treat Street began Nov. 1, 2007 after The Daily Times ran a front page

story about the decline in trick-or-treating because of crime. Jaycees members decided to organize an event that would allow children to trick-or-treat in an environment that parents could trust.

In 2008, after the first, the U.S. Junior Chamber of Commerce named Treat Street the number one community youth project in the Nation.

"We were very thankful to have so much sponsorship and groups that fundraised for the event," Rhodes said. "I would say of the volunteers this year, about 99 percent are Salisbury University students."

Many of the University's student organizations lined the street, offering the children candy and games to play. One such organization was Lambda Pi Eta, Salisbury's Communications Arts Honor Society.

"Last year I did Treat Street for fun and decided to suggest that we get involved because Jaycees always needs help," said Lauren Streibig, who does public relations and event planning for LPE.

LPE sponsored a table and provided temporary tattoos and candy for the children.

"We rarely get a chance to be with kids and it was nice to be able to do something for them," Streibig said. Sophia Smecker, a member of Public Relations Student Society of America, said she felt that Treat Street was a fun and safe alternative.

"When I was younger I would trick-or-treat around my neighborhood," Smecker said. "If I were a parent, I wouldn't feel comfortable taking my child out now."

# HUNAN DELIGHT

Voted Best of the Eastern Shore!

Order Now!

119 W. College Ave  
(College Square)

410-860-2727

Delivery (Min Apply)

901J North Salisbury Blvd.

410-860-0111

Great food at a great price!

HUNAN DELIGHT	HUNAN DELIGHT	HUNAN DELIGHT
<b>\$2 off a \$10 order</b>	<b>\$4 off a \$20 order</b>	<b>\$5.95</b>
Expires December 15, 2010	Expires December 15, 2010	Expires December 15, 2010

Choice of one: General Tso's Chicken, Chicken Broccoli or Sweet & Sour Chicken

# Scrabble tournament\*

F L Y E R

## Wed. Nov. 10 7:30pm

## Location: Henson Food Court

\*Prizes like if you become the champion, you can put it on Facebook saying that you are the Champion of Salisbury University at Scrabble. If you don't win, please don't do that. We will know.

\*\*Other prizes may be awarded.

\*\*\*Challenge your luddite friends.

Questions? Text 646.535.NEWS

## WXSU presents new radio show for Greeks

By Amanda Kimmish  
Staff Writer  
Ak09722@gulls.salisbury.edu

This semester, Salisbury University radio station WXSU has a new show to offer. Greek Life Radio, hosted by juniors Erin Cherniak and Erica Richards, opens up a new door to those interested in Greek Life by spreading the word about upcoming events.

"I was at the activities fair and looking to join a campus organization when I came across the WXSU table," Cherniak said. "I found out that you could create your own radio show and thought that it would be a great idea to have one about Greek Life."

Cherniak and Richards, both members of Alpha Sigma Tau, said they created the show to reach out to all Greeks on campus and to get them to come together to promote Greek Life. They encourage all Greeks to come on the show and talk about their philanthropies and fundraising.

Members from Zeta Tau Alpha, Delta Gamma, Sigma Tau Gamma, Kappa Sigma and Sigma Pi have appeared as guests on the show. Pat Gotham, president of SU's Inter-Fraternity Council and Corinne Spence, vice president of SU's National Panhellenic Conference have been on Greek Life Radio.

"We want our guests to feel comfortable around us, and allow them to reach out to other Greeks and spread the word about their chapter's philanthropies and fundraising events," Richards said. "All of our guests so far have been fabulous and thankful."

Getting involved with another organization on campus besides Greek Life was also another reason Cherniak and Richards said they started the radio show.

"I saw a lot of potential in their show and they were very enthusiastic and energetic about getting a show which caught my eye immediately," said WXSU Operations Director Cristina Franciosa. "I thought that Greek Life and WXSU could definitely work together at future events and it would be a great way for us to promote Greek Life and for Greek Life to promote WXSU and increase our listenership, which is something we have been successfully gaining since last year."

Greek Life Radio airs live every Wednesday evening from 5 to 7 p.m. on 96.3 FM. Guest and song requests can be made on the Greek Life Radio Facebook page.

## Is Your Computer Sick?

Our computer technician on staff can nurse your computer back to health:

- Computer Repairs
- Virus Diagnosis
- Software & Hardware Issues

Visit the SU Bookstore and ask for Dwayne.

Nominal fee of \$30 to look at your computer.

Gull card, cash & credit accepted.

bookstore

We deliver your tools for higher education.

Fall & Spring Semester Hours:  
M-Th: 9:30 a.m.-6 p.m., F: 9:30 a.m.-4 p.m.  
410-543-6083 • bookstore.salisbury.edu

# Cherokee LANES

SPECIALS

Monday, Tuesday, Wednesday & Thursday

## College Nights

w/ valid college ID 50 cents off game price  
\$1.50 Natural Light Drafts after 9 p.m.  
Valid college ID and Driver's License required

FRIDAY & Saturday

## Night Glow Bowl

Friday 9:30pm to close; Saturday 7 pm to close

SUNDAY

## Color Pin Bowl

Free game with strike on Color Pin after League Bowling

Call or stop by for open bowling

Cherokee Lanes  
1524 S. Salisbury Blvd.  
(410) 742-3030



## Field hockey has two shutouts in a row

By Patrick Drengwitz  
Staff Writer  
Pd07048@gulls.salisbury.edu

The Salisbury University field hockey team (14-2) defeated the Catholic University Cardinals in the final game of the season before the Capital Athletic Conference playoffs on Oct. 28. The No. 6-ranked Sea Gulls headed into the game with 13-2 record and a perfect 7-0 in the CAC against No. 14-ranked Catholic University who had an equally impressive 12-2 overall record.

Coach Dawn Chamberlin was very impressed with her squad. "We had great intensity, determination and the resilience to make up for missed scoring opportunities," she said.

In a relatively uneventful first half, SU showed great defense, neutralizing all five of the Cardinals' penalty corners. They were able to quickly clear the ball out of danger to avoid any shot opportunities. Excitement struck in the seventh minute when SU was awarded a penalty stroke.

Senior midfielder Kandice Hancock took the shot but missed when the ball hit the left post and bounced away.

After a few more shots on goal that failed to find their way in, junior forward Caitlin Walker found sophomore forward Erica Henderson right in front of the



Pat Hackley photo  
A member of the SU field hockey team goes up against her Wesley opponent during the "Corners for Cancer" game on Oct. 26.

net. Henderson was able to smack it past the goalie for the first goal of the game.

SU kept their defense disciplined the rest of the half, only allowing five shots, none of which were goals. The Gulls walked off the field after the first 35 minutes leading 1-0.

The second half showed more of the same, as both teams pushed each other up and down the field, launching a few shots, and keeping the score at 1-0 for almost 30 minutes.

Sophomore midfielder Kristina Fusco and Henderson gave SU a nice cushion, scoring the team's second and third goals with less than seven minutes left in the game.

"We started to communicate better and passing in the circle im-

proved significantly," Henderson said of the two rapid goals.

Junior Anna Cooke proved to be extremely valuable as goalkeeper, making six saves and giving Salisbury another shutout, their ninth of the season.

"It's always great to beat a competitive team before the playoffs, (of which) we are fully ready for," Cooke said.

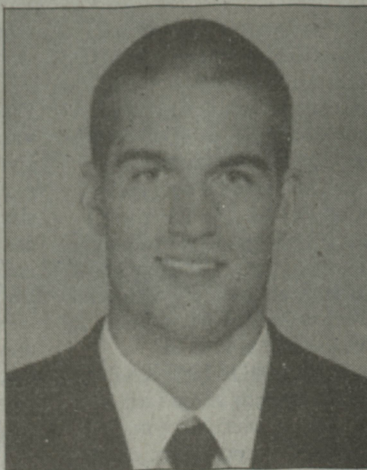
Two days before, a SU team donned in pink defeated Wesley College 3-0 in the "Corners for Cancer" game. Pink jerseys were worn in an effort to raise awareness for breast cancer.

SU is looking to win their 16th consecutive CAC Championship. The Gulls have clinched the top seed in the tournament and have gained home field advantage in the playoffs.

## Athlete Spotlight

### Dan Griffin

By Alexis Howard  
Sports Editor  
Ah48115@gulls.salisbury.edu



Dan Griffin

The Athlete Spotlight this week is focused on sophomore quarterback Dan Griffin, who was named Atlantic Central Football Conference Offensive Player of the Week for the weeks of Sept. 13, Oct. 18 and Oct. 25.

Griffin showed off his skills during the Gulls' Oct. 23 game against Union when he played a factor in five touchdowns. The Jarrettsville, Md., native rushed with scores of 54, 52 and 47 yards.

Griffin also broke a Salisbury University record for longest pass play when he launched a 92-yard scoring pass, breaking the previous record of 89 yards set in 1979. After his practice, Griffin sat down with The Flyer and answered a few questions.

**What is your major?**  
"Physical education."

**What is your favorite football team?**  
"I'm a Ravens fan."

**How long have you been playing football?**  
"I've been playing football since I was six years old."

**You have been named ACFC Offensive Player of the Week three times this semester. How does that feel?**  
"It was pretty accomplishing. I owe it all to my teammates, especially the offensive line. They open up the holes for me and they do everything,

They do all the grunt work and I get the glory, but it's them that's making me get the awards."

**You recently broke a school record when you threw a 92-yard scoring pass. Have you ever done something like that before?**

"No, I haven't. I've never really been a passing quarterback; I'm usually a running quarterback. I wasn't even aware that I broke the record until a couple days after when somebody told me, so it was pretty exciting."

**Have you always played quarterback?**  
"Yes, I've always played quarterback."

**Do you have any certain songs you like to warm up to?**  
"No, I usually make a play list on my iPod, but it always differs, and sometimes I'll just listen to what the other people are listening to in the locker room."

**Have you ever thought about playing professionally?**  
"No, I've never thought of it. I don't really have the size and speed to do that, but I mean it's always every kid's dream."

**Have you ever thought about coaching someday?**  
"Yes, I'd love to coach. I loved high school ball and I was really close to my high school coach and that's something I could see myself doing."



Matt Goldman photo  
A member of the SU football team leaps up to grab the ball from his Wesley opponent on Oct. 30. The Gulls fell to the Wolverines 17-14.

## Football falls to No. 3 Wesley College

By Aaron Bruce  
Staff Writer  
Ab68699@gulls.salisbury.edu

The Salisbury University football team (6-2) faced No. 3-ranked Wesley College Oct. 30. The contest featured a battle of wills, but the Gulls fell to the Wolverines 17-14.

SU, coming in with one loss, battled to defeat a team they had not beaten in six straight attempts. Wesley looked to defeat SU and continue to an overall record of 8-0.

As the game opened, the Gulls looked to be no match for the Wolverines, jumping out on the No. 3 team 14-0.

"We practiced hard all week, and we thought they would expect an easy game, so we came out looking to execute early and for all four quarters," said sophomore slot Brandon Norwood.

The first touchdown featured a strong drive from the Gulls at the game's opening, and an interception on one of Wesley's early drives assisted SU in jumping out to the early lead.

"Our game plan was perfect, as we hoped to be close in the first half and we were," said Head Coach Sherman Wood.

However, the Wolverines would not stand idle for long, as they came firing back on a drive that featured a good balance of the run and pass.

As the game continued, it became a battle of the defenses, as neither team's high power offenses could sustain long drives. Wesley's passing attack seemed out of sorts at times, with receivers not

finishing routes and passes being dropped. In spite of their deficiencies on the offensive side of the ball, Wesley managed 10 points by halftime to only be down by a score of 14-10.

On the flip side, SU's rushing attack seemed to be non-existent, as the Wolverines made great adjustments, and attempted to be more physical during the game.

"(Wesley is) the hardest hitting team we have played by far," said sophomore quarterback Dan Griffin.

Griffin took several ferocious hits, both as he released the ball, and when running up into the teeth of Wesley's defense.

As the game continued in the second half, defense was still the name of the game. Both defenses created turnovers, in hopes of positioning their offenses for scores.

To SU's disappointment, Wesley could not be held down for long, as they mustered a late game drive, against what appeared to be a tired and sluggish SU defense.

The game, which now had a score of 17-14 in Wesley's favor, seemed to wear on the Gulls psychologically, as they could never gather themselves to complete a game winning drive and fell in a tough battle to Wesley.

The Gulls will have a week off, but they will travel to Frostburg State University Saturday, Nov. 13 for the Regents Cup. The Gulls held a 21-16 edge in that series matchup, and have defeated Frostburg State in their last six attempts.

## Volleyball earns the win after back-and-forth play

### Gulls play in successful Senior Night against York

By Matthew Miller  
Staff Writer  
Mm55971@gulls.salisbury.edu

The Salisbury University volleyball team (22-11) overcame shaky third and fourth games to earn a thrilling victory over the York College Spartans on Senior Night, Oct. 27.

The Sea Gulls won the first two sets of the match only to see York take the next two, forcing a fifth and final deciding game.

In the end, SU was able to rally back and claim the fifth set, winning the match 3-2 (25-20, 27-25, 25-27, 23-25, 15-12).

"We really had a meltdown in the middle of the match, so it was a really great gut check for us," said head coach Margie Knight. "York played a great game; they dug some fabulous balls, so I'm glad we were able to get the win," Knight added.

Salisbury came out of the gates convincingly winning the first set 25-20. They followed that up with an impressive 27-25 win in the second, giving them a 2-0 advantage behind big performances from sophomores Carley Todd and Chelsea Glowacki. Todd led the Gulls with 16 kills and 24 set-assists.

Just when the Gulls looked to have the game in hand, they faced some adversity. York

stormed back in the third and fourth sets, winning both by scores of 27-25 and 25-23, respectively.

SU's struggles continued heading into the fifth set going down 4-1 early, spurring Coach Knight to call a timeout.

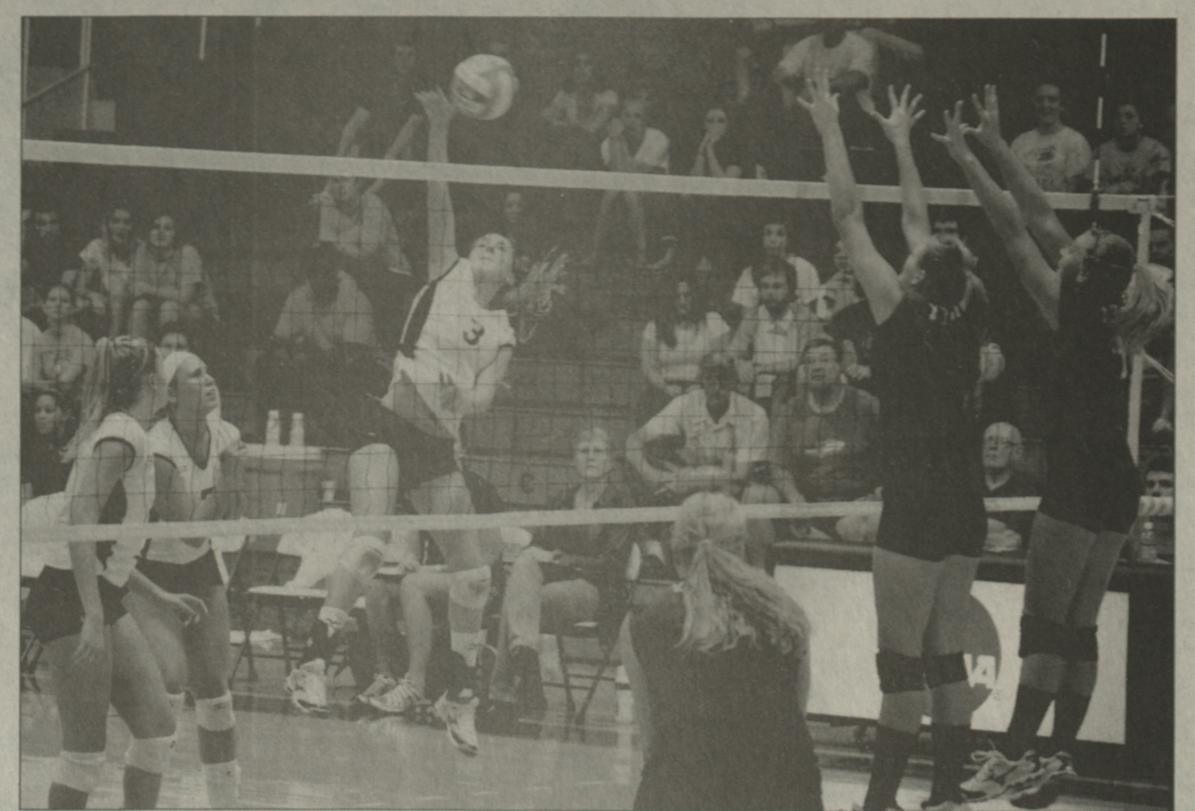
"I wanted to give them a reality check and instill some desire in them because York was working harder at the time," Knight said.

Knight's pep talk was just what the Gulls needed as they rallied to win four straight points, going on to win the match behind some crucial digs from the team's lone senior Melissa Stansbury.

"We let them in the third and fourth game, so we really came back, pulled it together, and it was a real gut check for all of us," Stansbury said. "Mentally, we were on the game for the last one and really pulled it out. I'm so happy; it's great to be winning on my senior night."

The senior led her team with 25 digs, several coming in the crucial stages of the fifth set. Before the game's start, Stansbury was recognized for playing in her final CAC conference game. She will leave Salisbury with more wins over the course of her four years than any other player in the program's history.

The Gulls will now prepare themselves for the upcoming



Dan Anderson photo  
Sophomore outside hitter Kristin Jehle attempts to hit the ball over the net during the Oct. 27 game against York College. The Sea Gulls won the match against York 3-2.

CAC Tournament where they have earned the No. 3 seed behind rivals Mary Washington and Frostburg. SU will open play at home at 7 p.m. on Tuesday, Nov. 2 against Stevenson University. The team will look to knock

off their conference foes and earn a fourth consecutive NCAA Tournament appearance. Glowacki said she believes the team is ready for big things as they enter the home stretch of their season.

"I feel pretty confident. The team keeps peaking and I'm sure we are going to do well because we have the drive to do it. We're ready to beat Frostburg," she said.



Beeta Nazemian photo  
Members of the Salisbury University swim team compete in the meet against Rowan on Oct. 26. The next meet for the Gulls will be on Nov. 10 against Washington College.

## Swim team hopes to lead conference this season

By Evan Clifton  
Staff Writer  
Ec16912@gulls.salisbury.edu

The Salisbury University men's and women's swim teams have been vigilantly training over the past month for the upcoming seasons.

The men's team enters this season riding momentum from their winning record and fourth place finish in the CAC, while the women's team looks to improve on its 5-5 record from last year and fifth place finish in the conference.

"We set three team goals this season...to finish third or better in the conference, have a team grade point average of 3.0 or higher, and to take an active role in community service projects," said head coach Jill Stephenson.

Between the two swim teams, SU will have 27 returning swimmers and 11 new freshmen who are expected to make an immediate impact.

"Freshmen James Gough, Chris Franklin, Chip Helder-

stay, and Mike Bengtson are already making their mark after the first meet," Stephenson said.

"(Gough) earned our only first place finishes against Rowan and the other freshmen combined with our returners for some great races. For the women, Danielle Dunn set a new school record in the 100 Breaststroke event."

Despite the large roster turnover from last season, there is no lack in team chemistry.

"This year our team definitely has become closer and more like a family," said senior Chris Smith. "Our freshmen coming in have excellent attitudes and contribute greatly to the team. I don't think there has been a year since I have been here where everyone has gotten along so well so fast."

Stephenson complimented her team on its willingness to work and the level of maturity that the swimmers bring to training and practice.

"The team has a great work ethic this season and is

determined to improve over last year's record. We are very impressed with the teamwork and encouragement they are providing each other on a daily basis," Stephenson added. "Both the men and women have lots of depth and versatility when it comes to events. We should be solid regardless of the line up used this season."

"As a senior, I think the general aspects of the team, such as meets, practices, and conditionings have remained the same," Smith said. "The practices might have become a little harder over the years, but I feel as though that is necessary for our team to grow. We tend to learn from practice techniques each year and tweak them a little bit to improve them for the next season," Smith said.

Smith and junior swimmer Robin Stone said they believe it is their work ethic and shared experiences as a team that will propel them through the CAC championships and beyond.

## SU sails to first-place victory at Virginia Invitational

By Kaycie Goddard  
Staff Writer  
Kg88068@gulls.salisbury.edu

Salisbury University's Sailing Team won first place at the Virginia Invitational Regatta Oct. 16-17.

The combined score of SU's A fleet and B fleet was 61 points, 15 points ahead of Christopher Newport University, who took second place.

Kyle Miller, president of the Sailing Team, led the A fleet to a runaway victory, finishing first in the A division with 15 points. Dr. Eugene Williams, faculty advisor for the group, said he felt awesome about the win.

"Kyle kicked butt," Williams said. "He was so far ahead that when he rounded the top loop at times he was the only boat up there."

Miller said it was nice for the team to establish themselves against others who were at about the same level as SU.

"The race was fun and not too serious," Miller said.

The B fleet, led by sophomore Ryan Gallagher, came in fourth place in the B division, contributing to SU's overall win.

Since the sailing team is not a varsity sport at SU, but rather a club sport, there is a different mindset about competition.

"Right now all the pressure is just to have fun," Williams said, adding that while the goal is always to win, learning and enjoying sailing are most important to the group.

Freshman Julia Faiella introduced her friends, fellow freshmen Wendy Cirko and Molly Graham, to sailing by encouraging them to join the sailing team. Cirko and Graham had never sailed before joining the team earlier this semester.

"Everybody gets along really well and are really welcoming to new people," Graham said.

Faiella had already been sailing for about five years, but she and the newbies said they love the experiences and friendships they have made during their short time with the team, and intend to stay involved with the sport throughout college.

The next big competition for SU Sailing is the Middle Atlantic Intercollegiate Sailing Association Club Championships on Saturday to Sunday, Nov. 6 to 7.

The race will be hosted by Ocean County College in New Jersey. Varsity teams are not included in the club championship regatta. Williams said since all the teams are club sports, they will be around the same level as Salisbury — so the competition will be fair but tough.

"It's going to be a battle," he said.

SPORTS BEAT ★ SPORTS BEAT ★ SPORTS BEAT ★ SPORTS BEAT ★ SPORTS

★ Sea Gulls★ Sea Gulls★ Sea Gulls★

SPORTS BEAT ★ SPORTS BEAT ★ SPORTS BEAT ★ SPORTS BEAT ★ SPORTS

### Women's Soccer

The Salisbury University women's soccer team (8-11) fell in their season finale on Oct. 26 to Eastern University. The Sea Gulls lost in overtime 1-0.

The Gulls tallied eight shots, five being on goal, but they were unable to put one in the back of the net. Sophomore goalkeeper Melissa Orgera finished with eight saves.

On Oct. 30, the team traveled to York College and came home with a 1-0 victory.

With 10:57 on the clock, Jessilone scored her sixth goal of the season off of a penalty kick. Orgera played the full 90 minutes finishing with two saves.

### Men's Soccer

On Oct. 27, the No. 25-ranked SU men's soccer team (12-3-3) fell 3-2 to No. 4 Christopher Newport University. CNU gained a 1-0 advantage in

the 25th minute of the game. The goal by the Captains would be the only goal of the half, even though the Gulls had five shots on goal.

Just four minutes into the second half, junior midfielder Morgan Hunt provided a ball from the left side to senior midfielder Dave Corrigan, who headed the ball into CNU's goal. Minutes later, the Captains scored another goal, giving them the lead 2-1. The Gulls tied it up in the 82nd minute when freshman midfielder Jake Perry fired a shot past a CNU defender.

The Captains would come back in the 86th minute to score the winning goal off of a corner kick. The game was headed in by CNU over sophomore goalkeeper John Vnenchak. The game was about to be sent into overtime when senior defender Casey Rector shot from the right side, but the ball bounced off the left post. Vnenchak set a new career high finishing with six saves, surpassing his three-set against Johns Hopkins on Sept. 28.

### Volleyball

Over the weekend, the SU volleyball team (22-11) competed in the Seahawk Invitational. The Gulls went 3-1 in the Invitational that was hosted by St. Mary's (Md.) College.

First, the Sea Gulls defeated Davis & Elkins 3-0 with 25-23, 25-12, and 25-22 victories. Day two was also strong for SU as they defeated Bridgewater and University of District of Columbia.

In the match against Bridgewater, sophomores Chelsea Glowacki and Jenna Shay tallied 13 and 11 kills, while freshman Jacki Kaluzny had a team-high four service-aces.

During the University of District of Columbia match, sophomore Carley Todd had 16 set-assists and one service ace. Junior Lindsay Saltzman notched 14 assists. Because of their victories, the Gulls are the third seed in the upcoming CAC tournament.

Bleeding? Broken? Infected?...or Just Hurts!™



**SALISBURY Immediate Care & INJURY CENTER**

**Confidential & Convenient Medical Care**

**Monday - Saturday: 9 AM to 7 PM & Sunday: 9 AM to 5 PM**

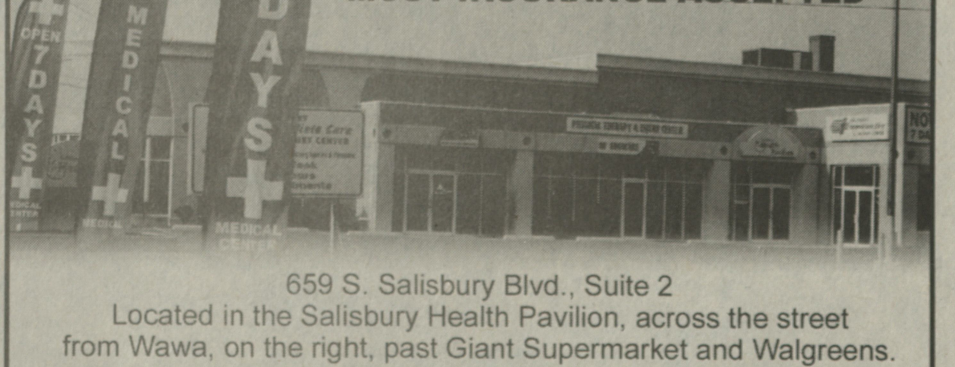
**OPEN 7 DAYS A WEEK • NO APPOINTMENT**

Coughs/colds/sore throat  
Bronchitis  
Nausea/vomiting  
Ear aches  
Flu symptoms  
Asthma/allergies  
STDs/HIV testing  
UTI/Kidney infection  
GYN concerns  
Infections  
Meningitis vaccine

Cuts/lacerations  
Broken/fractured bones  
Sprains/strains  
Back pain  
Sports injuries

CERTIFIED URGENT CARE  
**UC**  
Urgent Care Association Of America

**410-543-2020**  
**www.sbyimmediatecare.com**  
**MOST INSURANCE ACCEPTED**



659 S. Salisbury Blvd., Suite 2  
Located in the Salisbury Health Pavilion, across the street from Wawa, on the right, past Giant Supermarket and Walgreens.

## SALISBURY SPORTS CALENDAR

Tuesday - 11/2	Wednesday - 11/3	Thursday - 11/4	Friday - 11/5	Saturday - 11/6	Sunday - 11/7	Monday 11/8
Volleyball vs. Stevenson: 7 p.m.				Cross Country: CAC Championships: 11 a.m. (Winterplace Park)		



Uptown Cheapskate Buys and Sells New and Gently Used Young Adult Fashions



# *Uptown Cheapskate* Now Open to Buy & Sell

UPTOWN  Cheapskate™



Uptown Cheapskate is open and fully stocked with this season's top brands and trends, priced up to **70% OFF** mall prices.

Trade up your wardrobe and sell your **clothes, shoes, belts, bags & jewelry** to Uptown.

Earn CASH on the spot of 25% MORE in trade in value.

UPTOWN   
Cheapskate™

Seven for all Mankind  
American Eagle  
Hollister  
H&M

Ella Moss  
Roxy  
Penguin  
Billabong

Anthropologie  
Element  
Forever 21  
Coach  
& more



2618 N. Salisbury Blvd (between Barnes and Noble and The Greene Turtle) • Salisbury • (410) 845.2751